

## What vitamins reverse liver damage?

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## Milk Thistle

The best-known herb for liver support is milk thistle. It's been used to treat liver disease for centuries and is also a popular natural hangover cure. This herb contains an active compound called silymarin, which is an antioxidant and has anti-inflammatory properties.

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1. Coffee. Coffee is one of the best beverages you can drink to promote liver health. Studies have shown that drinking coffee protects the liver from disease, even among those who already have health concerns related to this organ.
2. Which fruit is best for liver?
3. Many dark berries – including blueberries, raspberries, and cranberries – contain antioxidants called polyphenols, which may help protect the liver from damage.
4. Can turmeric heal liver?
5. Curcumin is the main ingredient in turmeric, an active ingredient that can eliminate leptin's effects, which is the main cause of cirrhosis. In addition, turmeric also aids bile production, which supports the liver detoxification process and prevents fat build-up in the body while restoring liver function.
6. Can B12 reverse liver damage?
7. What you eat, including enough vitamin B12 and folic acid, can actually help reverse nonalcoholic fatty liver disease, according to a new study published in July 2022 in the Journal of Hepatology
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This same tedious process of finding new medicines from nature gave rise to three of the most effective natural products for securing total cardiovascular health - hawthorn, cayenne and rauwolfia. In time though, all were hidden and ultimately forbidden by the pharmaceutical business model, which prefers the stripped down, costly and risky synthetic versions. Fortunately, each and every one of them are readily available for pennies on the pharmaceutical dollar!

For moderate hypertension and prevention, hawthorn is usually the first choice. In addition to relaxing arteries to lower blood pressure, it also strengthens the heart and dismembers unruly blood clots on contact, without excessive bleeding. History has shown this repeatedly.

The successful use of hawthorn goes all the way back to the 17th century, where it was popularized by French doctor, Henri Leclerc. Today, it's a mainstay in Europe and many other part of the world for total heart health.

Most recently, the Department of Chemistry at Cork Institute of Technology (CIT) showcased hawthorn's medicinal properties in medical journal Pharmacognosy Review. Commenting on its proven efficacy, they highlighted its safety, saying it has no herb– drug interactions and is highly recommended “in treatment strategies surrounding cardiovascular disease, especially in the early stages of disease progression.”

Confirming these findings, The American Journal of Health-System Pharmacy published that “Hawthorn is a fruit-bearing shrub with a long history as a medicinal substance. Uses have included the treatment of digestive ailments, dyspnea, kidney stones, and cardiovascular disorders. Today, hawthorn is used primarily for various cardiovascular conditions. The cardiovascular effects of hawthorn are believed to be the result of positive inotropic [relaxed heart contractions] activity , ability to increase the integrity of the blood vessel wall and improve coronary blood flow, and positive effects on oxygen utilization.”

Decades of hawthorn research show that it should be used daily as a preventive, at the very least and by anyone suffering form cardiovascular disease. For detailed usage instructions, read Over-The-Counter Natural Cures Expanded.

For more aggressive blood pressure control, hawthorn can be safely combined with cayenne, rauwolfia or both. All three work in different ways to suppress lethal, high blood pressure. Cayenne peppers contain a family of compounds known as capsaicinoids. These cayenne-based active ingredients have been consumed in foods for over 6000 years. It has only been in the last two decades that their true medicinal properties have been elucidated.

Clinical trials show that these healing compounds work both as a topical medicine for pain and orally for cardiovascular and anti-clotting benefits. To temper stress put on arteries, whole

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herb cayenne works as a vasodilator and decreases the production of compounds made by the brain that cause high blood pressure.

Sparkling a relaxing effect, cayenne also works directly on the smooth muscle tissue of coronary arteries to halt or slow the inflammatory process that leads atherosclerosis! Working overtime at protecting the heart, cayenne inhibits excessive platelet aggregation, which means it stops blood clots without causing excessive bleeding, similar to hawthorn.

In 2012, positive evidence for heart healthy cayenne compounds became so common, that the American Chemical Society (ACS) published the cardiovascular findings of ZhenYu Chen, Ph.D., a professor of Food and Nutritional Science at the Chinese University of Hong Kong. "We concluded that capsaicinoids were beneficial in improving a range of factors related to heart and blood vessel health." Among them were the inhibition of a gene that produces a compound known as cyclooxygenase-2, a substance that makes the muscles around blood vessels constrict. By blocking it, muscles can relax and widen, allowing more blood to flow when taking whole herb capsaicin.

Most recently, researchers writing for medical journal *Open Heart* published their findings after reviewing the effects of orally administered cayenne to rodents. In a paper titled, "Capsaicin May Have Important Potential For Promoting Vascular and Metabolic Health," they showed that cayenne stimulates endothelial nitric oxide synthase (eNOS) activity, which is vital for opening up arteries and ensuring blood flow during times of exercise and stress. This translated into better artery function, reduction in atherosclerosis (most notably in diabetics) and angina. It also slowed progression of non-alcoholic fatty liver disease! It also curbed thickening of the heart, metabolic syndrome, hypertension, obesity and gastric ulceration.

One challenge to cayenne supplementation is the discomfort that many people expect from hot peppers such as GI distress and acid reflux. To overcome this, it's best to take a cayenne product that is formulated with the stomach coating and protecting abilities of marshmallow root. Used for more than 2,000 years, this risk-free root comes as a tea, tincture or supplement. It's also used in select cayenne products for its ability to halt GI discomfort and acid reflux. A cooling type effect, it allows for cayenne use without any stomach discomfort.

And finally, there's rauwolfia. This ancient, Ayurvedic medicine was first written about in Sanskrit as Sarpagandha and chandra. In the early 16th-century, German physician Leonhard Rauwolf studied it while traveling in India. The natural medicine soon became almost synonymous of the doctors name, rauwolfia.

In the 1950s, its undeniable ability to safely lower blood pressure prompted chemists to study and isolate its active ingredients. A family of alkaloids was identified and reserpine was

believed to be the most pharmacologically active. Ciba Pharmaceuticals began selling the extract and the medicine's vast benefits went mainstream.

In 1954, after widespread use, Joseph Monachino, writing for *Economic Botany*, wrote that rauwolfia "had recently been admitted in American and European clinical medicine as hypotensive and hypnotic drugs. In addition to lowering blood pressure quite efficiently, apparently without dangerous side-effects, habit formation, withdrawal symptoms or contraindication, these drugs have a sedative or tranquilizing action, said to result from a depressing effect on the hypothalamus."

An average of 100 to 500mg per day of whole herb rauwolfia is suggested, and for chronic high blood pressure, splitting the dose to twice per day is most beneficial for those who need the drastic lowering effects. If taking with hawthorn and cayenne, less is more. In other words, 50 to 300mg per day might be sufficient.

In time, rauwolfia, cayenne and hawthorn were forgotten due to the rise in synthetics and the newly formed, pharmaceutical business model that shunned natural medicine in their favor. Yet, all three are still available for use among those privy to their benefits! The switch is as simple as weaning and deciding which product or combo of products is best for you. In a matter of weeks, you'll experience greater energy and weight loss, courtesy of your hormones rebounding.

It's important to note that when making the switch to natural medicine, your blood pressure numbers may not hit the extreme lows that it did while on meds. That doesn't mean they "aren't working!" These are considered drug-induced lows and are not reflective of true health.

Most people forget this and set into panic as soon as their numbers creep back up to a normal, healthy level, when on natural products. But rest assured, you don't need to adhere to the goal of maintaining blood pressure levels at or near 140/80 (or more recently, 115/75). Though, when combining all three - hawthorn, cayenne and rauwolfia - you may be able to lower it as needed to match your doctor's goals or that of your insurance company, safely and temporarily.